



Elephant in The Room Q & A

Cactus High School Flash Doses
Spring 2022

****This document can also be accessed at www.bloom365.org/faqs**

Resources:

For additional resources, please visit bloom365.org/resources

BLOOM365 HelpLine	For free, confidential support: Text/Call: 1-888-606-HOPE (4673) Monday-Friday from 3PM-9PM (MST) To reach a specific advocate directly, please feel free to contact our HelpLine and tell us who you would like to speak to.
Teen Lifeline	Text or call 602-248-TEEN (8336) for free, confidential support 24/7 relating to suicide, depression, bullying, or relationships.
National Teen Dating Violence Hotline	Text "LOVEIS" to 22522 24/7
National Domestic Violence Hotline	1-800-799-SAFE (7233)
National Sexual Assault Hotline	1-800.656.HOPE (4673)
Suicide Prevention Lifeline	1-800-273-TALK (8255)

***Content Warning:** For some, Elephant in the Room Cards are places where they might disclose trauma, violence, or harm. We encourage you to proceed with caution if you have experienced power-based violence or abuse of any kind. If you need support, you can reach out to the Hotlines listed above.

Q: Student

A: BLOOM365 Advocate

Q: What are the best steps to take to get out of a toxic friendship

A: This is a great question! Ending friendships can be a hard experience. Losing a friend can be painful, and while it can be a tough thing to do, it can also be a great time for self-evaluation and growth. You can choose to end a friendship in a way that feels comfortable to you. One tool that could be helpful is using open and healthy communication. “I statements” are an awesome way to communicate openly, as they can help you explain why you are choosing to end the relationship without directly placing blame on the other person. An example of an “I” statement would be saying something like, “I feel that this friendship is getting toxic and I think it’s best we go our separate ways.” If you feel that the situation could become dangerous or just too uncomfortable for you, it can also be helpful to create a safety plan and have someone else close by when you have this conversation.

Communication is an important tool we can use to help end a relationship on good terms. By communicating our desires and reasoning for wanting to end a friendship, we can give each other closure to move on and hopefully grow from our experience. Ending relationships of any kind, especially if they are toxic or abusive, can be a difficult experience to navigate. We encourage you to explore some coping strategies, such as journaling or finding a new skill or hobby, to find what works best for you in dealing with this experience. For additional support, we encourage you to reach out to a BLOOM365 Advocate on our Helpline by phone/text at 1-888-606-HOPE (4673) or by online chat at bloom365.org - Monday through Friday from 3PM-9PM (MST). We are here for you!

Q: y does no one care about me

A: We are so sorry you are feeling this way. If you’d like to talk more about how you’re feeling or what you’ve been going through, we encourage you to reach out to our Helpline at the number listed above. We are here for you– to offer resources, support, or even just a confidential & non-judgmental place to talk to someone. You are not alone!